

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Folate, total (µg)

Food Groups: Fruits and Fruit Juices  
Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: January 21, 2016 10:36 EST

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure
09038	Avocados, raw, California	230.0	1.0 cup, pureed	205
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	202
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	202
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	122
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	118
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	87
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	87
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	83
09139	Guavas, common, raw	165.0	1.0 cup	81
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	80
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	80
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	80
09206	Orange juice, raw	248.0	1.0 cup	74
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	71
09176	Mangos, raw	165.0	1.0 cup pieces	71
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	70
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	70
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	69
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	65
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	61
09442	Pomegranate juice, bottled	249.0	1.0 cup	60
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	60
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	56
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	56
09334	Feijoa, raw	243.0	1.0 cup, pureed	56
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	54
09226	Papayas, raw	145.0	1.0 cup 1" pieces	54
09278	Plantains, cooked	200.0	1.0 cup, mashed	52

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	51
09205	Oranges, raw, with peel	170.0	1.0 cup	51
09152	Lemon juice, raw	244.0	1.0 cup	49
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	47
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	47
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	47
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	47
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	47
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	47
09040	Bananas, raw	225.0	1.0 cup, mashed	45
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	45
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	45
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	45
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	45
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	41
09144	Jackfruit, raw	165.0	1.0 cup, sliced	40
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	39
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	38
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	38
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	38
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	37
09062	Cherimoya, raw	160.0	1.0 cup, pieces	37
09316	Strawberries, raw	152.0	1.0 cup, halves	36
09042	Blackberries, raw	144.0	1.0 cup	36
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	36
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	35
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	35
09002	Acerola juice, raw	242.0	1.0 cup	34
09313	Sapodilla, raw	241.0	1.0 cup, pulp	34
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	33
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	33
09277	Plantains, raw	148.0	1.0 cup, sliced	33
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	32
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	32
09315	Soursop, raw	225.0	1.0 cup, pulp	32
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	31

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	31
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	31
09059	Breadfruit, raw	220.0	1.0 cup	31
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	30
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	30
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	30
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	29
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	28
09087	Dates, deglet noor	147.0	1.0 cup, chopped	28
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	28
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	28
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	28
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	27
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	27
09164	Litchis, raw	190.0	1.0 cup	27
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	26
09302	Raspberries, raw	123.0	1.0 cup	26
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	26
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	25
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	25
09043	Blackberry juice, canned	250.0	1.0 cup	25
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	25
09128	Grapefruit juice, white, raw	247.0	1.0 cup	25
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	25
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	25
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	25
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	24
09160	Lime juice, raw	242.0	1.0 cup	24
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	23
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	23
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	23
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	23
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	23
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	22
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	22
09174	Loquats, raw	149.0	1.0 cup, cubed	21

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09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	21
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	21
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	20
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	20
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	20
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	20
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	20
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	20
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	18
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	18
09433	Clementines, raw	74.0	1.0 fruit	18
09446	Plantains, green, fried	118.0	1.0 cup	18
09436	Mango nectar, canned	251.0	1.0 cup	18
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	17
09322	Tamarinds, raw	120.0	1.0 cup, pulp	17
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	16
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	16
09434	Guanabana nectar, canned	251.0	1.0 cup	15
09085	Currants, zante, dried	144.0	1.0 cup	14
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	14
09021	Apricots, raw	155.0	1.0 cup, halves	14
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	14
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	14
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	13
09094	Figs, dried, uncooked	149.0	1.0 cup	13
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	13
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	13
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	13
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	13
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	13
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	13
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	13
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	12
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	12
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	12
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	12

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09221	Tangerine juice, raw	247.0	1.0 cup	12
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	12
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	12
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	12
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	12
09143	Guava sauce, cooked	238.0	1.0 cup	12
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	11
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	11
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	10
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	10
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	10
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	10
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	10
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	10
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	10
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	10
09252	Pears, raw	140.0	1.0 cup, slices	10
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	10
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	10
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	9
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	9
09107	Gooseberries, raw	150.0	1.0 cup	9
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	9
09084	Currants, red and white, raw	112.0	1.0 cup	9
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	9
09287	Prickly pears, raw	149.0	1.0 cup	9
09050	Blueberries, raw	148.0	1.0 cup	9
09413	Pears, raw, red anjou	126.0	1.0 small	9
09088	Elderberries, raw	145.0	1.0 cup	9
09307	Rhubarb, raw	122.0	1.0 cup, diced	9
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	8
09190	Mulberries, raw	140.0	1.0 cup	8
09279	Plums, raw	165.0	1.0 cup, sliced	8
09298	Raisins, seedless	165.0	1.0 cup, packed	8
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	8
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	8

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	8
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	8
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	8
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	8
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	8
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	8
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	8
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	8
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	8
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	8
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	8
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	8
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	8
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	8
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	8
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	8
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	7
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	7
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	7
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	7
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	7
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	7
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	7
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	7
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	7
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	7
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	7
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	7
09191	Nectarines, raw	143.0	1.0 cup slices	7
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	7
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	7
09451	Horned melon (Kiwano)	233.0	1.0 cup	7
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	7
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	6
09236	Peaches, yellow, raw	154.0	1.0 cup slices	6
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	6

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	5
09159	Limes, raw	67.0	1.0 fruit (2" dia)	5
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	5
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	5
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	5
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	5
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	5
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	5
09229	Papaya nectar, canned	250.0	1.0 cup	5
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	5
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	5
09299	Raisins, seeded	165.0	1.0 cup, packed	5
09297	Raisins, golden seedless	165.0	1.0 cup, packed	5
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	5
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	5
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	5
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	5
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	5
09035	Apricots, frozen, sweetened	242.0	1.0 cup	5
09163	Blueberries, dried, sweetened	40.0	0.25 cup	5
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	5
09326	Watermelon, raw	154.0	1.0 cup, balls	5
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	5
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	4
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	4
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	4
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	4
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	4
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	4
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	4
09421	Dates, medjool	24.0	1.0 date, pitted	4
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	4
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	3
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	3
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	3
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	3

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09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	3
09149	Kumquats, raw	19.0	1.0 fruit without refuse	3
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	3
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	3
09296	Quinces, raw	92.0	1.0 fruit without refuse	3
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	3
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	3
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	3
09095	Figs, dried, stewed	259.0	1.0 cup	3
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	3
43382	Cranberry juice, unsweetened	253.0	1.0 cup	3
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	3
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	3
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	3
09437	Tamarind nectar, canned	251.0	1.0 cup	3
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	2
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	2
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	2
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	2
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	2
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	2
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	2
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	2
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	2
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	2
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	2
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	2
09216	Orange peel, raw	6.0	1.0 tbsp	2
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	2
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	2
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	2
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	2
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	1
09078	Cranberries, raw	110.0	1.0 cup, chopped	1
09156	Lemon peel, raw	6.0	1.0 tbsp	1
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	1



NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	1
09165	Litchis, dried	2.5	1.0 fruit	0
09129	Grapes, muscadine, raw	6.0	1.0 grape	0
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	0
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0
09004	Apples, raw, without skin	110.0	1.0 cup slices	0
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	0
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	0
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure
09294	Prune juice, canned	256.0	1.0 cup	0